



Ghost Pass

6. Life can get busy. Sometimes, your teammate just CAN'T make it. If you must exercise alone, but still want to earn points, use a Ghost Pass. Each person will be given two Ghost Passes for the competition, so use them wisely: they are a stand-in for your teammate. Simply hand the Ghost Pass to the fitness instructor if you are attending a class, or a front desk employee for your own workout. You will earn team points at the appropriate rate.

Weekly Prizes

7. A drawing each week will award one team Free Coffee from Brain Freeze!
 - a. Teams must earn a minimum of 3 points in a week to qualify.
 - b. Drawings held every Friday; free coffee will be received at school on the following Monday.
 - c. Once your team has earned 3 points, write your team name, individual names, and coffee orders on a single slip of paper—this will be your “ticket”—and put the ticket into the Raffle Bowl in the CPRD Fitness Office. This may be done any time the office is open.
 - d. The more points you earn, the more chances to win! You may place an additional ticket in the Raffle for every 3rd point.
 - i. 3pts = 1 ticket, 6pts = 2 tickets, etc.

End Party/Prizes

8. The competition officially ends October 30.
 - a. There will be a Party to celebrate all the hard work and achievements of the teams near the end of Oct., date/time TBD.
 - b. The party will have good food and cool prizes! What prizes? We don't know yet→but they will be sweet. Seriously, if you've read this far, I'm betting you've already registered, in which case don't worry about it: fun is guaranteed! And if you haven't registered a team yet, make the leap! The prizes will put you in a good mood—it'll all be worth it.